

Transmission Schedule for January, 2022

कक्षा 7 की समय सारणी TIME TABLE OF CLASS 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	वीरवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा Physical Education
सामाजिक विज्ञान (भूगोल)	हिन्दी	संस्कृत/اردو (उर्दू)	सामाजिक विज्ञान (इतिहास)	हिन्दी	संस्कृत/اردو (उर्दू)	सामाजिक विज्ञान (राजनीति शास्त्र)
English	Social Science (Geography)	Social Science (History)	English	Social Science (Pol. Sc.)	Social Science (Geography)	Mathematics / Science Activities
Mathematics	Science	Mathematics	Science	Mathematics	Science	Social Science (History)

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ONE CLASS, ONE CHANNEL

Class - VII

Subject	Title of the Topic	Duration	Medium
1 January 2022			
गणित	पाठ-1, पूर्णांक भाग – 1	0:20:16	Hindi
संस्कृत	संस्कृत, पाठ-1, सुभाषित -I	0:30:54	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
Geography	Ch-1, Our Environment	0:20:49	English
Cultural Heritage: Art, Music, Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andaman & Nicobar Is.	0:05:12	English/Hindi
Science	Ch-1, Nutrition in Plants Part-2	0:27:24	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Personal hygiene and Health	0:10:15	English
2 January 2022			
Physical Education	Showing respect to sanitation workers-Hindi	0:00:35	Hindi
Physical Education	Yoga Olympiad-Hindi	0:01:10	Hindi
Physical Education	Yoga Dhanurasan	0:12:12	English
Social & Political Life	पाठ-1, समानता	0:30:46	English
Storytelling/Value Education	सुधीर तैलान	0:16:48	English
Creative Activities: Art & Craft	3D Kaleidoscope	0:03:16	English
General Awareness	Fabric	0:09:05	Hindi
General Awareness	Levers Around Us	0:08:00	English
History	Ch-1, Tracing Changes Through a Thousand Years	0:24:25	Hindi
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
Vocational	Feather Stitch	0:05:39	English
3 January 2022			
विज्ञान	पाठ-1, पादपों में पोषण	0:25:09	Hindi
भूगोल	पाठ-1, पर्यावरण	0:28:13	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
English	Ch-1, Three Questions	0:18:42	English
Cultural Heritage: Art, Music, Dance	खेल-खेल में एनीमेशन	0:06:30	Hindi
Mathematics	Ch-1, Integers Part-2	0:21:30	English

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ONE CLASS, ONE CHANNEL

Class - VII

Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	Tools And Materials	0:12:44	English
Vocational	Design and Tracing Methods	0:02:24	English
4 January 2022			
गणित	पाठ-1, पूर्णांक भाग - 2	0:25:09	Hindi
हिंदी	पाठ-1, चिड़िया और चुरुंगुन	0:28:00	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Geography	Ch-1, Environment	0:21:12	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Science	Ch-1, Nutrition in Plants	0:21:32	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
5 January 2022			
विज्ञान	पाठ-1, पादपों में पोषण	0:25:09	Hindi
संस्कृत	संस्कृत, पाठ-1, सुभाषित -II	0:27:46	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
History	Ch-1, Tracing Changes Through a Thousand Years	0:24:25	English
Creative Activities: Art & Craft	Birds of Paradise	0:01:35	English
Mathematics	Ch-1, Integers	0:25:07	English
General awareness	Personal Safety	0:14:19	Hindi
Vocational	Tools And Materials	0:12:44	English
Vocational	The evolution of communication	0:03:58	English
6 January 2022			
गणित	पाठ-1, पूर्णांक	0:24:35	Hindi
इतिहास	पाठ-1, हजार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	0:23:05	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
English	Ch-1, Three Questions Part-1	00:26:17	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Science	Ch-1, Nutrition in Plants Part-3	0:25:38	English
Vocational	Hand Embroidery Part B	0:13:54	English

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ONE CLASS, ONE CHANNEL

Class - VII

Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	Seed Germination	0:06:44	English
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
7 January 2022			
विज्ञान	पाठ-1, पादपों में पोषण	0:25:09	Hindi
हिंदी	पाठ-1, हम पंखी उन्मुक्त गगन के	0:22:00	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
Social & Political Life	Ch-1, Equality in Indian Democracy	0:25:53	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Ch-1, Integers Part-1	0:25:04	English
Vocational	The evolution of communication	0:03:58	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
8 January 2022			
गणित	पाठ-2, भिन्न एवं दशमलव	0:24:58	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
Geography	Ch-2: Inside our Earth	0:15:19	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Rajasthan	0:04:35	English/Hindi
Science	Ch-2, Nutrition in Animals	0:23:04	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Personal hygiene and Health	0:10:15	English
9 January 2022			
Physical Education	Showing respect to sanitation workers- Hindi	0:00:35	Hindi
Physical Education	Yoga Olympiad-Hindi	0:01:10	Hindi
Physical Education	Yoga Dhanurasan	0:12:12	Hindi
Political Science	पाठ-2, स्वास्थ्य में सरकार की भूमिका	0:31:26	Hindi
Storytelling/Value Education	सुधीर तैलान	0:16:48	Hindi
Creative Activities: Art & Craft	3D Kaleidoscope	0:03:16	English

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ONE CLASS, ONE CHANNEL

Class - VII

Creative Activities: Art& Craft	जन्मदिन कार्ड (Birthday Card)	0:03:52	Hindi
General awareness	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
General Awareness	Why Seasons Happen?	0:03:17	English
History	Ch-2, New Kings & Kingdom	0:20:49	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
Vocational	Feather Stitch	0:05:39	English
10 January 2022			
विज्ञान	पाठ-2, प्राणियों में पोषण	0:20:25	Hindi
भूगोल	पाठ-2, हमारी पृथ्वी के अंदर	0:20:22	Hindi
Storytelling/Value Education	एक अनेक और एकता	0:06:57	Hindi
English	Ch-2, A Gift of Chappals	0:22:29	English
Cultural Heritage: Art, Music, Dance	खेल-खेल में एनीमेशन	0:06:30	Hindi
Mathematics	Ch-2, Fractions and decimals	0:40:52	English
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	Design and Tracing Methods	0:02:24	English
11 January 2022			
गणित	पाठ-2, भिन्न एवं दशमलव	0:24:58	Hindi
हिंदी	पाठ-2, सबसे सुंदर लड़की	0:19:36	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
Geography	Ch-2, Inside our Earth	0:19:23	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Arunachal Pradesh	0:03:47	English/Hindi
Science	Ch-2, Nutrition in Animals	0:20:39	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
12 January 2022			
विज्ञान	पाठ-2, प्राणियों में पोषण	0:20:25	Hindi
संस्कृत	चतुर बानर	0:08:23	Hindi
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
History	Ch-2, New Kings & Kingdom	0:20:49	English
Creative Activities: Art& Craft	Origami (Kagaz Kala)-1	0:10:33	English
Mathematics	Ch-2, Fractions and decimals	0:16:16	English

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Class - VII

General awareness	Personal Safety	0:14:19	Hindi
Vocational	Tools And Materials	0:12:44	English
Vocational	The evolution of communication	0:03:58	English
13 January 2022			
गणित	पाठ-2, भिन्न एवं दशमलव	0:24:58	Hindi
इतिहास	पाठ-2, नए राजा और उनके राज्य	0:21:41	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
English	Ch-2, A Gift Of Chappals	00:21:02	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Science	Ch-2, Nutrition in Animals	0:20:39	English
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	Seed Germination	0:06:44	English
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
14 January 2022			
विज्ञान	पाठ-2, प्राणियों में पोषण	0:20:25	Hindi
हिंदी	पाठ-2, दादी माँ	0:27:20	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
Political Science	Ch-2, Role of the Government in Health	0:24:47	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Ch-2, Fractions and decimals	0:16:16	English
Vocational	The evolution of communication	0:03:58	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
15 January 2022			
गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -1	0:32:01	Hindi
संस्कृत	संस्कृत कथा, बुद्धि बलवती	0:06:08	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Story Telling/Value Education	सुधीर तैलान	0:16:48	Hindi
Geography	Ch-3, Our Changing Earth	0:20:21	English
Creative Activities: Art&	Kala Utsav – 2019 Instrumental Music	0:05:43	English/Hindi

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ONE CLASS, ONE CHANNEL

Class - VII

Craft	Competition: Girls: Haryana		
Science	Ch-3, Fibre To Fabric	0:18:42	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
16 January 2022			
Physical Education	Yoga Sarvangaasan	0:14:57	Hindi
Physical Education	Yoga Gomukhaasan	0:13:48	Hindi
Political Science	पाठ-3, राज्य शासन कैसे काम करता है	0:30:28	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Storytelling/Value Education	एक अनेक और एकता	0:06:57	Hindi
General Awareness	Make Your Own Sundial	0:02:58	English
History	Ch-3, The Delhi Sultans	0:20:44	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
17 January 2022			
विज्ञान	पाठ-3, रेशों से वस्त्र तक	0:17:23	Hindi
भूगोल	पाठ-3, हमारी बदलती पृथ्वी	0:24:12	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
English	Honeycomb, Chapter-3, Gopal and the Hilsa Fish	0:26:55	English
Creative Activities: Art & Craft	String Mosquito	0:01:11	English
Mathematics	Ch-3, Data Handling part-1	0:29:30	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
18 January 2022			
गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -2	0:33:46	Hindi
हिंदी	दूर्वा-2, पाठ-3, मैं हूँ रोबोट	0:27:35	Hindi
Story Telling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Geography	Ch-3, Our Changing Earth	0:20:21	English
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	0:10:33	Hindi
Science	Ch-3, Fibre To Fabric	0:19:44	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
19 January 2022			

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Class - VII

विज्ञान	पाठ-3, रेशों से वस्त्र तक	0:17:23	Hindi
संस्कृत	भूपति मयादस	0:08:48	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Storytelling/Value education	Birthday Party	0:14:22	English
History	Ch-3, The Delhi Sultans	0:20:44	English
Cultural Heritage: Art, Music, Dance	खेल-खेल में एनीमेशन	0:06:30	English/Hindi
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	0:07:22	English/Hindi
Mathematics	Ch-3, Data Handling part-2	0:29:16	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
20 January 2022			
गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -1	0:32:01	Hindi
इतिहास	पाठ-3, दिल्ली के सुलतान भाग -1	0:34:11	Hindi
Storytelling/Value Education	बस के नीचे बारा	0:05:52	Hindi
English	Honeycomb, Chapter-3, The Shed	0:21:05	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Arunachal Pradesh	0:03:47	English/Hindi
Science	Ch-3, Fibre To Fabric	0:19:44	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	The evolution of communication	0:03:58	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
21 January 2022			
विज्ञान	पाठ-3, रेशों से वस्त्र तक	0:17:23	Hindi
हिंदी	वसंत-२, पाठ-3, हिमालय की बेटियाँ	0:26:55	Hindi
Storytelling/Value Education	आज़ादी की कहानी-1	0:08:32	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
Political Science	Ch-3, How the State Government Works	0:22:59	English
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	0:10:33	Hindi
Mathematics	पाठ-3, आँकड़ों का प्रबंधन भाग -1	0:32:01	English
Vocational	Finishing and costing of embroidered	0:11:41	English

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ONE CLASS, ONE CHANNEL

Class - VII

	Products		
Vocational	Overview of Automotive Service Technician	0:05:51	English
Vocational	Blanket Stitch	0:05:58	English
22 January 2022			
गणित	पाठ-4, सरल समीकरण	0:30:25	Hindi
संस्कृत	संस्कृत कथा, बुद्धि बलवती	0:06:08	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Story Telling/Value Education	सुधीर तैलान	0:16:48	Hindi
Geography	Ch-4, Air	00:18:39	English
Creative Activities: Art& Craft	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Ch-4, Heat	0:21:42	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
23 January 2022			
Physical Education	Yoga Sarvangaasan	0:14:57	Hindi
Physical Education	Yoga Gomukhaasan	0:13:48	Hindi
Political Science	पाठ-4, लड़के और लड़कियों के रूप में बड़ा होना	0:23:35	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	English
Storytelling/Value Education	एक अनेक और एकता	0:06:57	Hindi
General Awareness	Make Your Own Sundial	0:02:58	English
History	Ch-4, The Mughal Empire	0:30:33	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
24 January 2022			
विज्ञान	पाठ-4, ऊष्मा	0:17:23	Hindi
भूगोल	पाठ-4, वायु	0:32:56	Hindi
Storytelling/Value Education	वो कुछ दिन	0:07:51	Hindi
English	Honeycomb, Chapter-4, The Ashes That Made Trees Bloom part-1	0:28:29	English
Creative Activities: Art& Craft	String Mosquito	0:01:11	English
Mathematics	Ch-4, Simple Equations part-1	0:29:08	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi

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25 January 2022			
गणित	पाठ-4, सरल समीकरण	0:30:25	Hindi
हिंदी	वसंत-२, पाठ-4, कठपुतली	0:21:45	Hindi
Storytelling/Value Education	आज़ादी की कहानी-1	0:08:32	Hindi
Geography	Ch-4, Air	0:18:39	English
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	0:10:33	Hindi
Science	Ch-4, Heat, Session-1	0:27:08	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
General Awareness	e-waste management Film 1	0:07:32	English
26 January 2022			
विज्ञान	पाठ-4, ऊष्मा	0:17:23	Hindi
संस्कृत	भूपति मयादस	0:08:48	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
History	Ch-4, The Mughal Empire	0:30:33	English
Cultural Heritage: Art, Music, Dance	खेल-खेल में एनीमेशन	0:06:30	English/Hindi
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	0:07:22	English/Hindi
Mathematics	Ch-4, Simple Equations part-2	0:29:34	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
27 January 2022			
गणित	पाठ-4, सरल समीकरण	0:30:25	Hindi
इतिहास	पाठ-4, मुगल साम्राज्य	0:24:58	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	Honeycomb, Chapter-4, The Ashes That Made Trees Bloom part-2	0:29:04	English
Cultural Heritage: Art, Music, Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andaman & Nicobar Is.	0:05:12	English/Hindi
Science	Ch-4, Heat, Session-2	0:28:04	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English

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Class - VII

28 January 2022			
विज्ञान	पाठ-4, ऊष्मा	0:17:23	Hindi
हिंदी	वसंत-२, पाठ-4, कठपुतली	0:16:58	Hindi
Storytelling/Value Education	आज़ादी की कहानी-1	0:08:32	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
General awareness	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
Political Science	Ch-4, Growing up as Boys and Girls	0:23:10	English
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	0:10:33	Hindi
Mathematics	पाठ-4, सरल समीकरण	0:30:25	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English
Vocational	Overview of Automotive Service Technician	0:05:51	English
Vocational	Blanket Stitch	0:05:58	English
29 January 2022			
गणित	पाठ-4, सरल समीकरण	0:30:25	Hindi
संस्कृत	संस्कृत कथा, बुद्धि बलवती	0:06:08	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Story Telling/Value Education	सुधीर तैलान	0:16:48	Hindi
Geography	Ch-4, Air	00:18:39	English
Creative Activities: Art & Craft	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Ch-4, Heat	0:21:42	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
30 January 2022			
Physical Education	Yoga Sarvangaasan	0:14:57	Hindi
Physical Education	Yoga Gomukhaasan	0:13:48	Hindi
Political Science	पाठ-4, लड़के और लड़कियों के रूप में बड़ा होना	0:23:35	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	English
Storytelling/Value Education	एक अनेक और एकता	0:06:57	Hindi
General Awareness	Make Your Own Sundial	0:02:58	English

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ONE CLASS, ONE CHANNEL

Class - VII

History	Ch-4, The Mughal Empire	0:30:33	English
Vocational	वस्तुओं पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
31 January 2022			
विज्ञान	पाठ-4, ऊष्मा	0:17:23	Hindi
भूगोल	पाठ-4, वायु	0:32:56	Hindi
Storytelling/Value Education	वो कुछ दिन	0:07:51	Hindi
English	Honeycomb, Chapter-4, The Ashes That Made Trees Bloom part-1	0:28:29	English
Creative Activities: Art & Craft	String Mosquito	0:01:11	English
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